

MAPAVILLE LUNCH MENU
SEPTEMBER 2015
GRADES 9-12

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| 31 | 1 Spaghetti/Meat Sauce Peas Garlic Toast Mixed Fruit Skim Milk | 2 BBQ Chicken Wholegrain Bread Green Beans Coleslaw Mandarin Oranges Skim Milk | 3 Macaroni & Cheese Cornbread Carrots Tomato Cucumber Onion Salad Applesauce Skim Milk | 4 Beef Taco Plate Brown Rice Black Beans Peaches Skim Milk |
| LABOR DAY HOLIDAY | 8 Tuna Salad Sandwich Tossed Salad/Lite Italian Baked Potato Chips Pineapple Chunks Vanilla Ice Cream Skim Milk | 9 Spaghetti/Meat Sauce Peas Garlic Toast Pears Skim Milk | 10 Chicken & Veggies Yellow Squash Rotini Orange/Fruit Cocktail Chocolate Pudding Skim Milk | 11 Quiche/Wholegrain Bread Macaroni Salad Peas N Carrots Tomato Cucumber Onion Salad Spiced Peaches/Apple Juice Skim Milk |
| 14 Chicken Tenders Potato Rounds Corn Wholegrain Bread Grapes/Banana Skim Milk | 15 Bean Soup Turkey Cheese Sandwich Raw Veggies/Cream Dressing Pears Skim Milk | 16 Jennie-O-Burger Coleslaw Baked Beans Applesauce Skim Milk | 17 Cheese Pizza Tossed Salad/Creamy Dressing Peaches Pineapple Skim Milk | 18 Spinach Cheese Egg Casserole O'Brien Potatoes Green Beans Wholegrain Biscuit Pears Skim Milk |
| 21 Sausage Patties Mashed Potatoes Broccoli Wholegrain Pancakes Spiced Apples Skim Milk | 22 NO SCHOOL STAFF DEVELOPMENT | 23 Chicken Noodle Casserole Wholegrain Bread Mixed Veggies Banana/Apple Juice Skim Milk | 24 Chili Green Beans Cornbread Fruit Cocktail Skim Milk | 25 Ground Beef/Spanish Rice Carrots Whole Wheat Bun Applesauce Skim Milk |
| 28 Catfish Spinach Corn Wholegrain Bun Fruit Cocktail/Orange Juice Skim Milk | 29 Roast Turkey/Gravy Candied Yams Green Beans Bread Stuffing/Cornbread Mandarin Oranges Cranberry Sauce Skim Milk | 30 Western Eggs Baked Beans Tomatoes Whole Wheat Bread Pineapple Skim Milk | | |

Menu Subject to Change

Non-discrimination statement on reverse